



Tai Chi Classes



Falls are the second leading cause of unintentional injury deaths for Native Americans ages 55+, in the U.S.

What can we offer to help reduce your risk?

- Tai Chi Classes- a self-paced system of gentle physical exercise and stretching. To do tai chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi is the most prominent Chinese martial art of the internal style
- Provide you with home safety assessment information

What are the benefits?

- Increase muscle strength
- Maintain or increase mobility
- Gives you mental relaxation
- Help you live more independently
- Contains many movements which help breathing
- Cultivate internal energy and improves relaxation

When and Where?

- Little Axe Resource Center
- Monday & Wednesday from 9:30 a.m. - 10 a.m.

Act Now!! Don't wait for a fall injury to open your eyes about the importance of physical health!

Sign up Today!!

Rosie Tall Bear, Fitness Facility Director with Diabetes & Wellness Dept., Little Axe Resource Center 405.364.7298

For More Information about the AST Injury Prevention Program Services:

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